

# GOBIND MARG

## THE MONTHLY BULLETIN OF GURDWARA SRI GURU SINGH SABHA – HOUNSLOW

MAY 2022 – VOL XXIX      ISSUE 5



*A grand Gurdwara Khaddi Sahib, has been constructed in memory of the third Guru of the Sikhs, Guru Amar Das, whose Parkash Divas we celebrate on 23 May this year. It is situated in the sacred village of Khadur Sahib (close to Goindwal), where Guru Angad preached the message of Waheguru for many years, following Guru Nanak.*



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of The True Guru

**Monday - Saturday  
(Excluding Tuesdays)**

**AM**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

**PM**

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**Sundays Only**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib
9.00	Kirtan
9.45	Ardass
10.00	Youth Kirtan
11.00	Kirtan

**Tuesdays Only**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

**PM**

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**PM**

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**Please Note**

During the restricted services of the Gurdwara these services are currently suspended.

The current Gurdwara programme appears on page 6.



ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥



# GURDWARA SRI GURU SINGH SABHA

Alice Way, Hanworth Road, Hounslow, Middlesex, TW3 3UD  
Enquiries: **020 8577 2793** Email: [khalsa@sgss.org](mailto:khalsa@sgss.org) Website: [www.sgss.org](http://www.sgss.org)

## Daily Opening Times:

**Gurdwara:** 7:00am and 7:00pm. **Main Office:** 10:00am-5:00pm Daily  
**Matrimonial:** 10:00am-1:00pm. Contact via email [marriages@sgss.org](mailto:marriages@sgss.org)

Registered No. 75990 as a place of worship under the Worship Registration Act 1855

Registered Charity No. 83314

Inland Revenue Ref. CC 15570

# May 2022

Important Days	Event	Nanakshahi Calendar Days	
		May ਵੈਸਾਖ/ਜੇਠ	June ਜੇਠ / ਹਾੜ
Sangrand (ਸੰਗਰਾਂਦ)	New Month Starts	15	15
Mussia (ਮੱਸਿਆ)	No Moon (Dark Night)	30	30
Puranmashi (ਪੂਰਨਮਾਸ਼ੀ)	Full Moon	16	16
<b>Avtar, Parkash, Guruship, Gurburb, Shahidi, Jyoti Jot/Barsi, Martyrdom</b>			
Guru Arjan Dev ji	Parkash	2	
Guru Amar Das ji	Parkash	23	
Guru Arjan Dev ji	Jyoti Jot/Martyrdom		16
<b>Historical Dates &amp; Events</b>			
Attack 1984: Sri Harmandar Sahib			6
Shahidi: Baba Banda Singh Bahadur			25

### Dear Sangat Jee – WaheGuru Ji Ka Khalsa; WaheGuru Ji Ki Fateh!

During April, we celebrated the birthday of Sahibzada Jujhar Singh ji, our glorious Birth celebrations of Vaisakhi, Parkash of Guru Angad Dev Ji and Guru Tegh Bahadur Ji.

We were honoured by the presence of Bhai Harpal Singh Ji (3rd from left) Head Granthi of Fatehgarh Sahib, on 24th April 2022 for the Katha Program.

The Nishan Sahib chola on the 14th April was witnessed by MP Seema Malhotra, our local Ward councillors and the congregation whilst the celebrations on Sunday 17th were attended by Lord Indrajit Singh of Wimbledon, Lord of Mayfair (Rami Ranger), GLA members, many local Councillors as well as the Chair of City Sikhs.



May commences with the local elections on Thursday 5th May. This will later in the month follow with our first AGM since 2019 on Sunday 29th May at 3:00pm. On Sunday, 12th June the Gurdwara will also organise a trip to the Annual Chattri Memorial Service in remembrance of the Indian Soldiers who were cremated in Brighton during the First World War. Details will be made available on the Gurdwara Notice Board and a small charge may be applicable to avoid last minute cancellations.

Progress on the development works on the land next to the Gurdwara has been “on hold” due to the local Council Planning Committee unable to consider the amended application and our objections in time before the local elections. This will now be considered in June at the earliest. The landlord’s agents have however been able to make the land available to us to use as an overflow Car Park for 6 weeks ending on 31st May 2022. Our Contingency Planning Team continues to gather further intelligence to challenge the development when the Council resumes processing of the application.

### Sangat Support

The Gurdwara continues to seek sangat support for our objections. Please do this by:

- Signing the Petition – In-house forms & Postcards available in the Office and Online
- Writing to your local Councillors with your complaints.

We also seek much needed support from the sangat and the local communities to help us raise funds to secure the neighbouring land for the benefit of the Sangat:

- **By Cheque:** Payable to Sri Guru Singh Sabha Hounslow and posted/delivered to Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD
- **Online:** Donations can be made online at [www.sgss.org/donate](http://www.sgss.org/donate)
- **BACS:** Barclays: Bank, Sort code 20 96 55 Account 00859095

## Bookings

To enable us to continue supporting the sangat, we are happy to discuss your needs. During March, the services performed were:

▪ Weddings	13
▪ Sukhmani Sahib Path/Kirtan	32
▪ Sehaj Path/Akhand Path	19
▪ Funerals	9
▪ School Visits	3

## Disability Network Hounslow

This service runs every Friday 10am - 3pm, Ground Floor, New Annexe Building.

## Health & Safety

Covid19 will be a feature of our lives for the foreseeable future, so we need to learn to live with it and manage the risk to ourselves and others. Please ensure you follow the Government and Gurdwara guidelines at all times, to keep everyone safe. The Gurdwara encourages all visitors to observe social distancing, wear face covering and wash hands frequently.

## Show Your Gratitude

Please donate to the Gurdwara to help run Sangat services:

**By Cheque:** Payable to Sri Guru Singh Sabha Hounslow and posted/delivered to Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD

**Online:** Donations can be made online at [www.sgss.org/donate](http://www.sgss.org/donate)

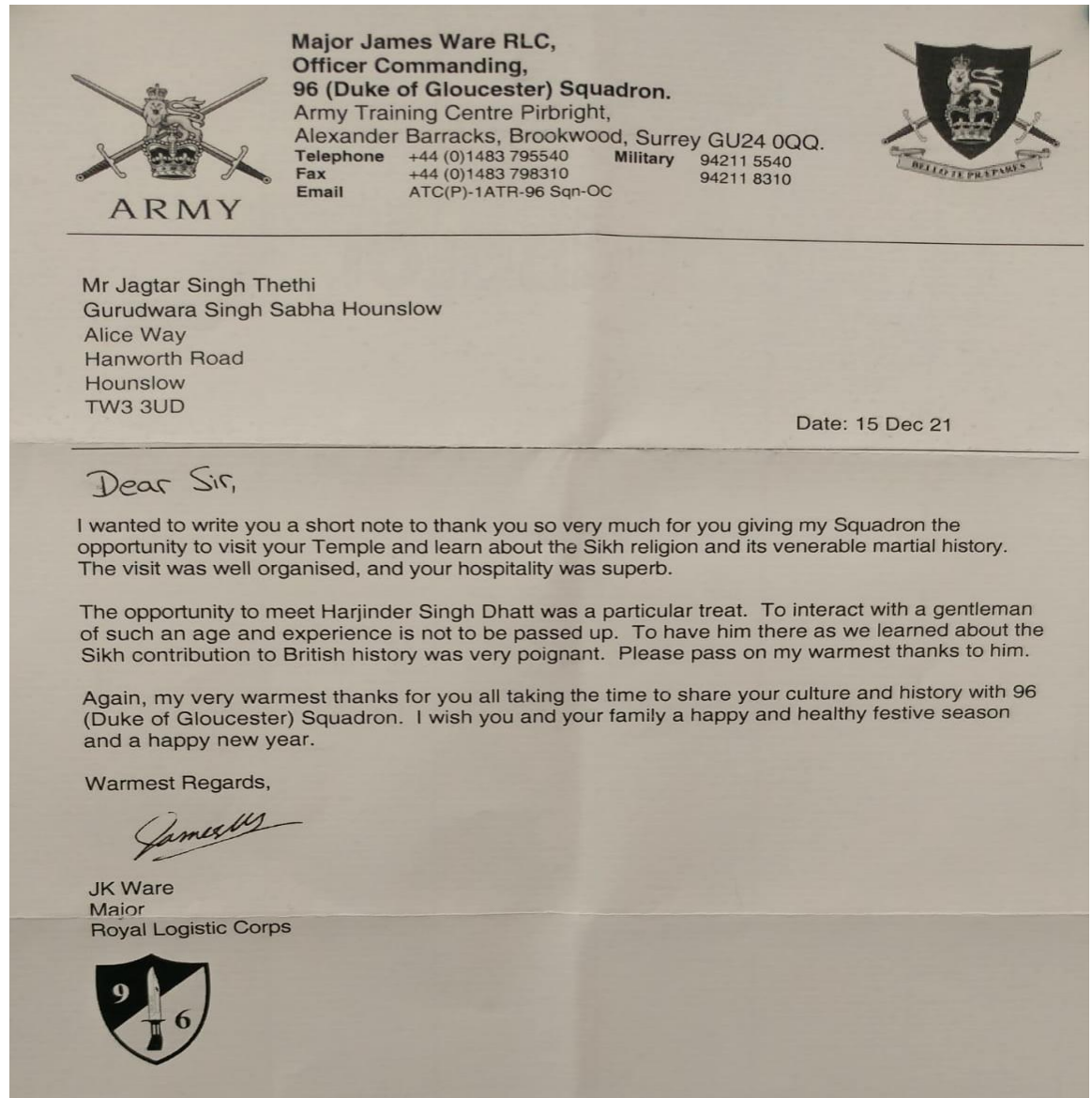
## Vaisakhi 2022 Trafalgar Square, London

This annual celebration of Vaisakhi in Central London took place on Saturday 16 April. With free tea and langar, there was an exhibition of Sikh Art, big screen displays of live Kirtan and the Sikh Martial art of Gatka.



## Army Training Visit to Gurdwara by the 96 (Duke of Gloucester) Squadron

Jagjit Singh Sihra





## PROGRAMME

### Mon-Sat - Exc Tue - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:45	Katha
11:30	Ardaas
<b>Evening</b>	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

### Tuesday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:30	Katha
11:30	Sukhmani Sahib Paath
12:15	Ladies Kirtan
2:00	Ardaas
<b>Evening</b>	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

### Sunday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
8:00	<b>*AP SPB SS</b>
9:00	Kirtan
9:45	Ardaas
10:00	Youth Kirtan
11:00	Kirtan
12:00	Katha
1:00	Kirtan
2:00	Ardaas
<b>Evening</b>	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

**\*AP SPB SS – Akhand Path or Sehaj Paath Bhog of Sukhmani Sahib**

Please ensure the Government & Gurdwara Guidelines are followed



The *Anand Sahib* (Spiritual Bliss) is a sublime bani of the third Nanak, Guru Amar Das ji. The first five of its pauris and the concluding fortieth pauri are included in the Rehras Sahib bani found in the *Nitnem Gutkas*.

In the fifth pauri Guru Sahib speaks of the bliss that envelopes the fortunate ones in whose hearts Wahegur begins to dwell. The final fortieth pauri, as indicated in the first verse, imparts the message 'O fortunate ones, listen to Anand, all your hopes will reach fulfillment'.

Line	ਰਾਮਕਲੀ ਮਹਲਾ ੩ ਅਨੰਦੁ	Glossary	Contextual Meaning
1	ਵਾਜੇ ਪੰਚ ਸਬਦ ਤਿਤੁ ਘਰਿ ਸਭਾਰੈ ॥	ਪੰਚ ਸਬਦ ਸਭਾਰੈ	Melody of 5 instrum'ts Fortunate ones
2	ਘਰਿ ਸਭਾਰੈ ਸਬਦ ਵਾਜੇ ਕਲਾ ਜਿਤੁ ਘਰਿ ਧਾਰੀਆ ॥	ਕਲਾ ਧਾਰੀਆ	Power Sustained
3	ਪੰਚ ਦੂਤ ਤੁਧੁ ਵਸਿ ਕੀਤੇ ਕਾਲੁ ਕੰਟਕੁ ਮਾਰਿਆ ॥	ਪੰਚ ਦੂਤ ਕਾਲੁ ਕੰਟਕੁ	The five evils Fear of death
4	ਧੁਰਿ ਕਰਮਿ ਪਾਇਆ ਤੁਧੁ ਜਿਨ ਕਉ ਸਿ ਨਾਮਿ ਹਰਿ ਕੈ ਲਾਰੇ ॥	ਧੁਰਿ ਕਰਮਿ ਪਾਇਆ	Destiny blessings Granted
5	ਕਹੈ ਨਾਨਕੁ ਤਹ ਸੁਖੁ ਹੋਆ ਤਿਤੁ ਘਰਿ ਅਨਹਦ ਵਾਜੇ ॥੫॥	ਅਨਹਦ	Unstruck sound
6	ਅਨਦੁ ਸੁਣਹੁ ਵਡਭਾਗੀਹੇ ਸਗਲ ਮਨੋਰਥ ਪੂਰੇ ॥	ਮਨੋਰਥ	Purpose, aims, wishes
7	ਪਾਰਬ੍ਰਹਮੁ ਪ੍ਰਭੁ ਪਾਇਆ ਉਤਰੇ ਸਗਲ ਵਿਸੁਰੇ ॥	ਸਗਲ ਵਿਸੁਰੇ	All Any difficulty/ trouble
8	ਦੂਖ ਰੋਗ ਸੰਤਾਪ ਉਤਰੇ ਸੁਣੀ ਸਚੀ ਬਾਣੀ ॥	ਸੰਤਾਪ	Woes or afflictions
9	ਸੰਤ ਸਾਜਨ ਭਏ ਸਰਸੇ ਪੂਰੇ ਗੁਰ ਤੇ ਜਾਣੀ ॥	ਸਰਸੇ	Made happy, glad
10	ਸੁਣਤੇ ਪੁਨੀਤ ਕਹਤੇ ਪਵਿਤ੍ਰੁ ਸਤਿਗੁਰੁ ਰਹਿਆ ਭਰਪੂਰੇ ॥	ਪੁਨੀਤ	Pure, Chaste
11	ਬਿਨਵੰਤਿ ਨਾਨਕੁ ਗੁਰ ਚਰਣ ਲਾਰੇ ਵਾਜੇ ਅਨਹਦ ਤੂਰੇ ॥੪੦॥੧॥	ਬਿਨਵੰਤਿ ਤੂਰੇ	Humbly request Bugles (melody)

## ਪੰਜਾਬੀ ਅਰਥ

**Line 1:** ਪੰਜ ਕਿਸਮ ਦੇ ਸਾਜ਼ਾਂ ਦੀਆਂ ਸੁਰਾਂ ਵੱਜ ਪੈਂਦੀਆਂ ਹਨ ॥

**Line 2** ਉਸ ਹਿਰਦੇ ਵਿਚ ਪੂਰਨ ਆਨੰਦ ਬਣ ਜਾਂਦਾ ਹੈ ॥

- Line 3:** ਹੇ ਪ੍ਰਭੂ! ਉਸ ਮਨੁੱਖ ਦੇ ਪੰਜੇ ਵੈਰੀ ਤੂੰ ਕਾਬੂ ਕਰ ਦੇਂਦਾ ਹੈ, ਤੇ ਮੌਤ ਦਾ ਡਰ ਦੂਰ ਕਰ ਦੇਂਦਾ ਹੈ ॥
- Line 4:** ਉਹੀ ਮਨੁੱਖ ਨਾਮ ਵਿਚ ਜੁੜਦੇ ਹਨ ਜਿਨ੍ਹਾਂ ਦੇ ਭਾਗਾਂ ਵਿਚ ਸਿਮਰਨ ਦਾ ਲੇਖ ਰੱਖ ਦਿੱਤਾ ਹੈ ॥
- Line 5:** ਨਾਨਕ ਆਖਦਾ ਹੈ ਉਸ ਹਿਰਦੇ ਵਿਚ ਸੁਖ ਪੈਦਾ ਹੁੰਦਾ ਹੈ ਜਿਸ ਵਿਚ ਇਕ-ਰਸ ਵਾਜੇ ਵਜਦੇ ਹਨ ॥੫॥
- Line 6:** ਹੇ ਵੱਡੇ ਭਾਗਾਂ ਵਾਲਿਆਂ! ਆਨੰਦ ਵਿਚ ਸਾਰੇ ਸੰਕਲਪ ਪੂਰੇ ਹੋ ਜਾਂਦੇ ਹਨ ॥
- Line 7:** ਪਰਮ ਆਤਮਾ ਪ੍ਰਭੂ ਮਿਲ ਪੈਂਦਾ ਹੈ, ਸਾਰੀਆਂ ਚਿੰਤਾ ਲਹਿ ਜਾਂਦੀਆਂ ਹਨ ॥
- Line 8:** ਬਾਣੀ ਸੁਣਿਆਂ ਸਾਰੇ ਦੁੱਖ, ਰੋਗ, ਕਲੇਸ਼ ਮਿਟ ਜਾਂਦੇ ਹਨ ॥
- Line 9:** ਜਿਹੜੇ ਗੁਰਮੁਖਿ ਗੁਰੂ ਦੀ ਬਾਣੀ ਨਾਲ ਸਾਂਝ ਪਾਉਂਦੇ ਹਨ ਉਹਨਾਂ ਦੇ ਹਿਰਦੇ ਖਿੜ ਜਾਂਦੇ ਹਨ ॥
- Line 10:** ਇਸ ਬਾਣੀ ਨੂੰ ਸੁਣਨ ਵਾਲੇ ਅਤੇ ਉਚਾਰਨ ਵਾਲੇ ਪਵਿਤ੍ਰ-ਆਤਮਾਂ ਹੋ ਜਾਂਦੇ ਹਨ ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਬਾਣੀ ਵਿਚ ਸਤਿਗੁਰੂ ਹੀ ਦਿਸਦਾ ਹੈ ॥
- Line 11:** ਨਾਨਕ ਬੇਨਤੀ ਕਰਦਾ ਹੈ ਕੇ ਜਿਹੜੇ ਬੰਦੇ ਗੁਰੂ ਦੀ ਚਰਨੀ ਲਗਦੇ ਹਨ ਉਹਨਾਂ ਦੇ ਅੰਦਰ ਆਤਮਕ ਅਨੰਦ ਪੈਦਾ ਹੋ ਜਾਂਦਾ ਹੈ ॥੪੦॥

### English Rendition

- Line 1:** In the happy and fortunate home (heart) where Waheguru resides, the five forms of heavenly music play.
- Line 2:** Fortunate is the house where divine music resounds, where Waheguru has bestowed His might.
- Line 3:** O Waheguru! You have subdued the five demons and destroyed the pain and dread of death.
- Line 4:** Those blessed with good fortune, get attached to the recitation of your Naam.
- Line 5:** Satguru Nanak says peace comes to that house (heart) and the unstruck melody of the Universe (*anhad*) resounds.
- Line 6:** O fortunate ones! Listen to the *Anand* and all your hopes will reach fulfilment.
- Line 7:** The Supreme Brahm has been realised; all discord ended and frustrations overcome.
- Line 8:** My sorrows, pain and sufferings have been cured by listening to the True Word.
- Line 9:** Having obtained the divine knowledge from the perfect Guru, the saintly ones are in bliss.
- Line 10:** They who listen to the bani are pure, they who recite it from the heart are made holy, and they are imbued totally with the awareness of Waheguru.
- Line 11:** Satguru Nanak humbly sayeth, celestial music will resound within those who are attached to the Guru's feet.



ਸ੍ਰੀ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਦਾ ਜਨਮ ਚੌਥੇ ਪਾਤਸ਼ਾਹ ਸ੍ਰੀ ਗੁਰੂ ਰਾਮਦਾਸ ਤੇ ਬੀਬੀ ਭਾਨੀ ਦੇ ਘਰ ੧੫ ਅਪ੍ਰੈਲ ੧੫੬੩ ਨੂੰ ਗੋਇੰਦਵਾਲ ਵਿਖੇ ਹੋਇਆ। ਅਤੇ ਆਪਣੇ ਬਚਪਨ ਦੇ ਪਹਿਲੇ ਗਿਆਰਾਂ ਸਾਲ ਓਥੇ ਹੀ ਗੁਜ਼ਾਰੇ। ਸਿੱਖੀ ਵਾਤਾਵਰਨ ਵਿਚ ਆਪ ਦਾ ਪਾਲਣ-ਪੋਸ਼ਣ ਹੋਇਆ। ਹਰ ਤਰਾਂ ਦੀ ਧਾਰਮਿਕ ਅਤੇ ਆਤਮਕ ਸਿਖਿਆ ਆਪ ਨੂੰ ਪ੍ਰਾਪਤ ਹੋਈ। ਧੰਨ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ ਇਹਨਾਂ ਦੀ ਪਛਾਣ ਕਰਕੇ "ਦੇਹਤਾ ਬਾਣੀ ਦਾ ਬੋਹਤਾ" ਦੀ ਭਵਿੱਖ ਬਾਣੀ ਦਿਤੀ ਕੀਤੀ ਸੀ। ਗੁਰਮੁਖੀ ਆਪ ਜੀ ਨੂੰ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ ਸਖਾਈ। ਦੇਖ-ਰੇਖ ਬਾਬਾ ਬੁੱਢਾ ਜੀ ਕਰ ਰਹੇ ਸਨ। ਗਣਿਤ ਵਿਦਿਆ, ਮੇਹਰੀ ਜੀ ਪਾਸੋਂ, ਦੇਵਨਾਗਰੀ ਪਿੰਡ ਦੀ ਧਰਮ-ਸਾਲ ਤੋਂ, ਸੰਸਕ੍ਰਿਤ ਪੰਡਿਤ ਬੇਨੀ ਪਾਸੋਂ ਅਤੇ ਧਿਆਨ ਲਗਾਉਣਾ ਬਾਬਾ ਮੇਹਨ ਜੀ ਪਾਸੋਂ ਸਿਖਿਆ ਅਤੇ ਹਰ ਵਿਦਿਆ ਵਿਚ ਨਿਪੁਨ ਹੋ ਗਏ। ਘੋੜ ਸਵਾਰੀ ਤੇ ਨੇਜ਼ਾ ਬਾਜ਼ੀ ਦੇ ਭੀ ਮਾਹਿਰ ਸਨ। ੧੫੭੪ ਤੋਂ ਪਿੱਛੋਂ ਗੁਰੂ ਰਾਮਦਾਸ ਸਮੇਤ ਪਰਿਵਾਰ

ਅੰਮ੍ਰਿਤਸਰ ਰਹਿਣ ਲੱਗ ਪਏ ਸਨ। ਅਰਜਨ ਦੇਵ ਜੀ ਨੇ ਇਥੇ ਆਪਣਾ ਜ਼ਿਆਦਾ ਸਮਾਂ ਗੁਰਬਾਣੀ ਪ੍ਰਚਾਰ ਅਤੇ ਸੇਵਾ ਵਿਚ ਲਗਾਇਆ।

ਸਨ ੧੫੮੦ ਵਿਚ ਆਪ ਨੂੰ ਰਿਸ਼ਤੇਦਾਰੀ ਵਿਚ ਵਿਆਹ ਤੇ ਲਾਹੌਰ ਜਾਣਾ ਪਿਆ ਅਤੇ ਵਿਆਹ ਪਿੱਛੋਂ ਆਪ ਓਥੇ ਭੀ ਬਾਣੀ ਦਾ ਪਰਚਾਰ ਕਰਦੇ ਰਹੇ। ਲਾਹੌਰ ਤੋਂ ਵਾਪਸੀ ਵਾਸਤੇ ਅਰਜਨ ਦੇਵ ਜੀ ਨੇ ਚਿਠੀਆਂ ਭੇਜੀਆਂ ਪਰ ਇਹਨਾਂ ਦੇ ਵੱਡੇ ਭਰਾ ਪ੍ਰਿਥੀ ਚੰਦ ਨੇ ਲਕੇ ਲਈਆਂ ਤੇ ਗੁਰੂ ਰਾਮਦਾਸ ਪਾਸ ਪੁੱਜਣ ਨਾ ਦਿਤੀਆਂ। ਜਦ ਆਖਰੀ ਚਿਠੀ ਮਿਲੀ ਤਾਂ ਗੁਰੂ ਰਾਮ ਦਾਸ ਨੇ ਇਹਨਾਂ ਨੂੰ ਵਾਪਸ ਬੁਲਾ ਲਿਆ।

ਆਪਣਾ ਅੰਤ ਸਮਾਂ ਨੇੜੇ ਜਾਣ ਕੇ ਗੁਰੂ ਰਾਮ ਦਾਸ ਜੀ ਨੇ ਅਰਜਨ ਦੇਵ ਜੀ ਦੀ ਲਗਨ, ਨਿਮ੍ਰਤਾ, ਸੇਵਾ ਤੇ ਯੋਗਤਾ ਆਦਿ ਬੇਅੰਤ ਗੁਣਾਂ ਨੂੰ ਮੁਖ ਰੱਖ ਕੇ ਇਹਨਾਂ ਨੂੰ ਗੱਦੀ ਦੇਣ ਦਾ ਫੈਸਲਾ ਕਰ ਲਿਆ। ਇਸ ਤਰਾਂ ਜੁਲਾਈ ੧੫੮੧ ਵਿਚ ੧੮ ਸਾਲ ਦੀ ਉਮਰ ਵਿਚ ਇਹਨਾਂ ਨੂੰ ਗੱਦੀ ਪ੍ਰਾਪਤ ਹੋਈ। ਪ੍ਰਿਥੀ ਚੰਦ ਨੇ ਬਹੁਤ ਵਿਰੋਧ ਕੀਤਾ। ਬੜੇ ਬੋਲ ਕਬੋਲ ਬੋਲੇ। ਗੁਰੂ ਘਰ ਦੀ ਨਾਕਾ ਬੰਦੀ ਕਰ ਦਿਤੀ ਤੇ ਸੰਗਤ ਨੂੰ ਗੁਰੂ ਘਰ ਜਾਣ ਤੋਂ ਰੋਕ ਦਿੱਤਾ। ਸੱਤਾ ਤੇ ਬਲਵੰਡ ਜੇ ਕੀਰਤਨ ਕਰਦੇ ਸੀ, ਸੰਗਤ ਨਾ ਆਉਣ ਕਾਰਨ, ਉਹਨਾਂ ਦਾ ਗੁਜ਼ਾਰਾ ਭੀ ਔਖਾ ਹੋ ਗਿਆ। ਛੱਡ ਕੇ ਚਲੇ ਗਏ। ਭੁੱਖੇ ਮਰਨ ਲਗੇ ਤਾਂ ਆਪੇ ਹੀ ਮੁੜ ਆਏ। ਸਨ ੧੫੮੧ ਵਿਚ ਭਾਈ ਗੁਰਦਾਸ ਜੀ ਆਗਰੇ ਤੋਂ ਆਏ ਤਾਂ ਉਹਨਾਂ ਨੇ ਲੋਕਾਂ ਦੀਆਂ ਗ਼ਲਤ ਫਹਿਮੀਆਂ ਦੂਰ ਕੀਤੀਆਂ ਤੇ ਪ੍ਰਿਥੀ ਚੰਦ ਵਲੋਂ ਗੁਰੂ ਘਰ ਦੇ ਖਿਲਾਫ ਸਾਜ਼ਸ਼ਾਂ ਦਾ ਪਾਜ ਉਘਾੜਿਆ।

ਅੰਮ੍ਰਿਤਸਰ ਰਹਿ ਕੇ ਗੁਰੂ ਜੀ ਨੇ ਸ਼ਹਿਰ ਦੀ ਉਸਾਰੀ ਵੱਲ ਧਿਆਨ ਦਿੱਤਾ। ਸਨ ੧੫੮੬ ਵਿਚ ਸੰਤੋਖਸਰ ਦੀ ਖੁਦਾਈ ਸ਼ੁਰੂ ਕੀਤੀ। ਤਿੰਨ ਜਨਵਰੀ ੧੫੮੮ ਨੂੰ ਸਾਂਈ ਮੀਆਂ ਮੀਰ ਪਾਸੋਂ ਹਰਿਮੰਦਰ ਸਾਹਿਬ ਦੀ ਨੀਂਹ ਰਖਾਈ। ਸਖੀ ਸਰਵਰਾਂ ਤੇ ਪੀਰ ਫ਼ਕੀਰਾਂ ਵਲੋਂ ਵਧੇ ਪਰਚਾਰ ਨੂੰ ਰੋਕਣ ਲਈ ੧੫੯੦ ਵਿਚ ਇਕ ਨਵਾਂ ਨਗਰ, ਤਰਨਤਾਰਨ ਵਸਾਇਆ। ਇਥੋਂ ਵੇਹਲੇ ਹੋ ਕੇ ਗੁਰੂ ਜੀ ਨੇ ਦੁਆਬੇ ਵਿਚ ਕਰਤਾਰ ਪੁਰ, ਜਲੰਧਰ ਨੇੜੇ ਵਸਾਇਆ, ਅਤੇ ਲੋਕਾਂ ਦੇ ਭਰਮ ਤੇ ਵਹਿਮ ਦੂਰ ਕੀਤੇ। ਮਾਤਾ ਗੰਗਾ ਜੀ ਦੇ ਨਾਂ ਤੇ ਇਕ ਖੂਹ ਲਵਾਇਆ, ਤੇ ਗੰਗਸਰ ਦਾ ਨਾਮ ਦਿੱਤਾ। ਏਸੇ ਹੀ ਪਰਚਾਰ ਦੌਰੇ ਵਿਚ ਸਰਵਰੀਆਂ ਦਾ ਸਰਦਾਰ, ਮੰਝ ਸ਼ਰਨ ਆਇਆ ਤੇ ਸਿੱਖੀ ਦਾ ਤਕੜਾ ਪ੍ਰਚਾਰਕ ਬਣਿਆ।

ਆਪ ੧੫੯੫ ਵਿਚ ਵਡਾਲੀ ਵੱਲ ਪਰਚਾਰ ਕਰ ਰਹੇ ਸਨ ਕਿ ਗੁਰੂ ਹਰਿ ਗੋਬਿੰਦ ਜੀ ਦਾ ਜਨਮ ਹੋਇਆ। ਪਾਣੀ ਦੀ ਘਾਟ ਦੂਰ ਕਰਨ ਲਈ ਗੁਰੂ ਜੀ ਨੇ ਛੇ ਹਰਟਾਂ ਵਾਲਾ ਖੂਹ ਲਵਾਇਆ। ਇਸ ਨਗਰ ਦਾ ਨਾਮ ਭੀ ਛੇਹਰਟਾਂ ਹੈ ਤੇ ਇਥੇ ਇਕ ਪ੍ਰਸਿੱਧ ਗੁਰਦੁਆਰਾ ਹੈ। ਸਨ ੧੫੯੭ ਵਿਚ ਲਾਹੌਰ ਵਿਚ ਬਿਮਾਰੀ ਫੈਲ ਗਈ। ਭੁੱਖ ਅਤੇ ਬਿਮਾਰੀ

ਕਾਰਨ ਲਾਹੌਰ ਦੇ ਬਾਜ਼ਾਰ ਲਾਸ਼ਾਂ ਨਾਲ ਭਰੇ ਰਹਿੰਦੇ। ਉਹਨਾਂ ਨੂੰ ਸ਼ਹਿਰ ਵਿੱਚੋਂ ਹਟਾ ਕੇ ਦਬਾਣ, ਸਾੜਨ ਦਾ ਕੋਈ ਪ੍ਰਬੰਧ ਨਹੀਂ ਸੀ। ਗੁਰੂ ਜੀ ਨੇ ਮੁਰਦੇ ਚੁੱਕਣ ਤੇ ਸਾੜਨ, ਦਬਾਣ ਦਾ ਕੰਮ ਆਪ ਸ਼ੁਰੂ ਕੀਤਾ। ਲੰਗਰ ਲਵਾਏ ਗਏ ਤੇ ਚੂਨਾ ਮੰਡੀ ਲਾਹੌਰ ਵਿਚ ਇਮਾਰਤ ਬਣਾਉਣ ਦਾ ਕੰਮ ਸ਼ੁਰੂ ਕੀਤਾ, ਕਿ ਲੋਕਾਂ ਲਈ ਰੁਜ਼ਗਾਰ ਅਤੇ ਟਕਾਣੇ ਦਾ ਪ੍ਰਬੰਧ ਹੋ ਸਕੇ। ਇਸ ਸਮੇਂ ਗੁਰੂ ਜੀ ਅੱਠ ਮਹੀਨੇ ਲਾਹੌਰ ਰਹੇ। ਲਾਹੌਰ ਤੋਂ ਚਲ ਕੇ ਮਦਰ, ਜੰਬਰ, ਚੂਨੀਆਂ,



ਬਹੁੜਵਾਲ ਹੁੰਦੇ ਹੋਏ ਗੋਇੰਦਵਾਲ ਪੁਜੇ। ਅਕਬਰ ਬਾਦਸ਼ਾਹ ਜਦੋਂ ਲਾਹੌਰ ਆਇਆ ਤਾਂ ਉਸ ਨੇ ਗੁਰੂ ਜੀ ਦੀਆਂ ਵਡਿਆਈਆਂ ਦੇ ਕਿੱਸੇ ਸੁਣੇ। ੨੪ ਨਵੰਬਰ ੧੫੯੮ ਨੂੰ ਦਿੱਲੀ ਨੂੰ ਵਾਪਸ ਜਾਂਦਾ ਅਕਬਰ ਗੋਇੰਦਵਾਲ ਆ ਗਿਆ। ਗੁਰੂ ਜੀ ਨੂੰ ਮਿਲਿਆ, ਲੰਗਰ ਵਿਚ ਧਰਤੀ ਤੇ ਬੈਠ ਕੇ ਪੰਗਤ ਵਿਚ ਪਰਸ਼ਾਦਾ ਛਕਿਆ ਅਤੇ ਬਹੁਤ ਪ੍ਰਭਾਵਤ ਹੋਇਆ। ਜਗੀਰ ਦੇਣੀ ਚਾਹੀ। ਗੁਰੂ ਜੀ ਨੇ ਨਾਂਹ ਕਰ ਦਿੱਤੀ ਤੇ ਕਿਹਾ ਕਿ ਸੰਗਤ ਦੀ ਚੀਜ਼ ਹੈ ਤੇ ਸੰਗਤ ਹੀ ਚਲਾਏਗੀ। ਜਾਗੀਰਾਂ ਆ

ਗਈਆਂ ਤਾਂ ਬਖੇੜੇ ਪੈਣਗੇ। ਗੁਰੂ ਦੀ ਖੁਸ਼ੀ ਇਸ ਵਿਚ ਹੈ ਕਿ ਮਾਲੀਆ ਜੋ ਵਧਾਇਆ ਹੈ, ਇਸ ਨੂੰ ਘਟ ਕਰ ਦਿਓ, ਤਾਂ ਕਿ ਪ੍ਰਜਾ ਥੋੜੀ ਸੁਖੀ ਹੋ ਜਾਵੇ। ਅਕਬਰ ਨੇ ਹੁਕਮ ਕੀਤਾ ਕਿ ਛੇਵਾਂ ਹਿੱਸਾ ਮਾਲੀਆ ਮੁਆਫ਼ ਕੀਤਾ ਜਾਵੇ। ਗੁਰੂ ਜੀ ਦੀ ਸ਼ਖਸੀਅਤ, ਮਿੱਠੇ ਬੋਲ, ਪਿਆਰ ਭਰੇ ਸੁਭਾ, ਰਹਿਣੀ ਬਹਿਣੀ, ਨਿਮੂਤਾ ਤੇ ਕਰਨੀ ਤੋਂ ਅਕਬਰ ਬਹੁਤ ਪ੍ਰਭਾਵਤ ਹੋਇਆ। ਤਕਰੀਬਨ ਇਕ ਸਾਲ ਗੁਰਦਾਸ ਪੁਰ ਦੇ ਇਲਾਕੇ ਵਿਚ ਪਰਚਾਰ ਕਰ ਕੇ ੧੬੦੧ ਨੂੰ ਗੁਰੂ ਜੀ ਅੰਮ੍ਰਿਤਸਰ ਆਏ।

ਏਥੇ ਆ ਕੇ ਇਹਨਾਂ ਸਾਰੀ ਬਾਣੀ ਜੋ ਗੁਰੂ ਨਾਨਕ ਇਕੱਠੀ ਕਰਕੇ ਦੇ ਗਏ ਸੀ, ਤੇ ਜੋ ਇਹਨਾਂ ਆਪ ਉਚਾਰੀ, ਇਸ ਨੂੰ ਤਰਤੀਬ ਦੇਣ ਦਾ ਕੰਮ ਆਰੰਭ ਕੀਤਾ। ਭਾਈ ਗੁਰਦਾਸ ਨੂੰ ਲਿਖਣ ਵਾਸਤੇ ਲਾਇਆ। ਪਹਿਲਾਂ ਜਪ ਜੀ, ਸੋਦਰ, ਤੇ ਸੋਹਿਲਾ ਉਪ੍ਰੰਤ ਬਾਣੀ ਰਾਗਾਂ ਵਿਚ ਸ਼ੁਰੂ ਕੀਤੀ। ਕੁਲ ੩੦ ਰਾਗਾਂ ਵਿਚ ਬਾਣੀ ਲਿਖੀ ਗਈ। ਪਹਿਲਾਂ ਸ਼ਬਦ ਮਹਲੇ ਵਾਰ, ਫਿਰ ਛੰਦ ਅਤੇ ਖਾਸ ਸਿਰਲੇਖ ਵਾਲੀਆਂ ਬਾਣੀਆਂ (ਪੱਟੀ, ਬਾਰਾਂ ਮਾਂਹ, ਆਨੰਦ, ਸੁਖਮਨੀ ਆਦਿ) ਫਿਰ ਵਾਰਾਂ ਉਪ੍ਰੰਤ ਭਗਤਾਂ ਦੇ ਚੋਣਵੇਂ ਸ਼ਬਦਾਂ ਨੂੰ ਥਾਂ ਦਿੱਤੀ।

ਰਾਗਾਂ ਪਿੱਛੋਂ ਉਹ ਬਾਣੀਆਂ ਲਿਖਿਆ ਜੋ ਰਾਗਾਂ ਵਿਚ ਨਹੀਂ ਸਨ ਜਿਵੇਂ ਸੰਸਕ੍ਰਿਤੀ, ਸਲੋਕ, ਗਾਥਾ, ਫੁਨਹੇ, ਚਉਬੇਲੇ, ਭਗਤ ਕਬੀਰ ਅਤੇ ਫ਼ਰੀਦ ਜੀ ਦੇ ਸਲੋਕ, ਸਵੱਈਏ। ਫਿਰ ਸਲੋਕ ਵਾਰਾਂ ਤੋਂ ਵਧੀਕ ਅਤੇ ਮੁੰਦਾਵਣੀ ਦੇ ਸਿਰਲੇਖ ਹੇਠਾਂ ਸਲੋਕ ਦਰਜ ਕੀਤੇ। ਇਹ ਗ੍ਰੰਥ ਤਿਆਰ ਕਰਵਾਕੇ ਹਰਿਮੰਦਰ ਸਾਹਿਬ ਵਿਖੇ ੧੪ ਅਗਸਤ ੧੬੦੪ ਨੂੰ ਸਮੋਭਤ ਕਰ ਦਿੱਤਾ। ਸੋ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਨੇ ਜਿਥੇ ਸਿੱਖਾਂ ਨੂੰ ਇਕ ਕੇਂਦਰ ਬਖਸ਼ਿਆ, ਉਥੇ ਉਹਨਾਂ ਨੂੰ ਅਹਿਲੇ ਕਿਤਾਬ ਭੀ ਬਣਾ ਦਿੱਤਾ।

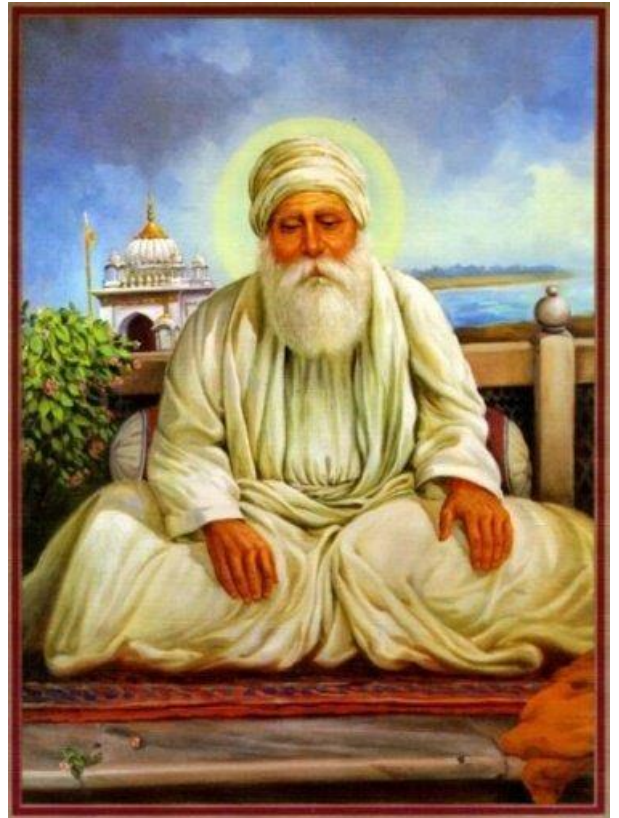
ਅੰਤ ਪ੍ਰਿਥੀ ਚੰਦ ਦੀਆਂ ਸਾਜ਼ਸ਼ਾਂ ਤੇ ਮੀਣਿਆਂ ਦੀਆਂ ਕੋਈਆਂ ਹਰਕਤਾਂ ਨੇ ਹੁਕੂਮਤ ਦੇ ਅਹਿਲਕਾਰਾਂ ਦੇ ਐਨੇ ਕੰਨ ਭਰੇ ਤੇ ਏਨੀਆਂ ਝੂਠੀਆਂ ਸੱਚੀਆਂ ਕਹਾਣੀਆਂ ਦਾਸੀਆਂ ਕਿ ਹੁਕੂਮਤ ਨੇ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਨੂੰ ਲਾਹੌਰ ਬੁਲਾਇਆ। ਚੰਦੁ ਹਤਿਆਰੇ ਨੇ ਤਰਾਂ ਤਰਾਂ ਦੇ ਤਸੀਹੇ ਦੇ ਕੇ ਜਹਾਂਗੀਰ ਦੇ ਹੁਕਮ ਅਨੁਸਾਰ ਖੁਸਰੋ ਦੀ ਮਦਦ ਕਰਨ ਦੇ ਦੋਸ਼ ਵਿਚ ੩੦ ਮਈ ੧੬੦੬ ਨੂੰ ਸ਼ਹੀਦ ਕਰ ਦਿੱਤਾ।

## ਭਲੇ ਅਮਰ ਦਾਸ ਗੁਣ ਤੇਰੇ, ਤੇਰੀ ਉਪਮਾ ਤੇਰਿ ਬਹਿ ਆਵੈ।

Born at village Bassar Ke, Dist Amritsar, Guru Amar Dass lived there till 1540 and used to trade in fine silks. He had a religious bent of mind. Realising the shortage of water at Bassar Ke, he helped in the digging of a well and later got a reservoir constructed there. He believed in going on pilgrimage to holy places; he specially used to go to Hardwar for a holy dip in the river Ganges, which he visited nearly twenty times.

At the ripe age of 61, he went to Khaddoor to see Guru Angad Dev ji, and accepted him as Guru. He stayed at Khaddoor for eleven years.

Early in the morning he would walk to river Beas to fetch water for Guru Angad's bath. At the instance of Guru Angad Dev ji he founded Goindwal on the banks of river Beas. Though he had a busy life there was no relaxation in the service of the Guru. He was so absorbed in the acceptance of the order or Hukam of the Guru that he would not get distracted by anything or any person.



In January 1552, when it was very cold, on one occasion whilst walking back with the pitcher of water, Guru Amar Dass ji slipped and lost his balance; but he kept the pitcher upright and saved the water. An unsympathetic by-stander taunted him. Guru Angad came to know about this incident. Finally, when the time came, he decided to nominate Baba Amar Dass ji as the next Guru, by-passing his own sons, Dattu and Dassoo.

After the Guruship was bestowed upon Baba Amar Dass ji he shifted back to Goindwal where he lived for over 22 years. Dattu ji felt enraged over being devoid of his self asserted right to the gurgaddi. One day, in the presence of the congregation, he hit Guru Amar Dass ji, but Guru ji handled the incident with great humility.

Programmes at Goindwal included all day busy ones – from morning till evening kirtan, langer, gurmat deliberations, gurbani path and sangat sewa.

## Contributions as Guru

1. To ensure equality in society Guru Amar Dass ji strictly laid down that any one coming to see him must first have 'langar in the pangat'. They all sat on the ground and none was superior or inferior. Emperor Akbar too had to eat the simple food while sitting on the floor. This step was taken by Guru Sahib to abolish the caste system which was very strong at that time.
2. A baoli or step well, was constructed which had 84 steps in a covered tunnel, leading down to the water in an open well 8 metres across. It also provided clean drinking water to the people of the area. This mammoth task was started on Vaisakhi Day in 1558, and Bhai Paro and Guru Amar Das ji personally supervised it.
3. The institution of Langar was strengthened.
4. Sangat and Pangat brought a lot of change in the attitude of normal people. They realised that this was a welcome change from the existing rigid and traditional system and that it was based on truth, as Guru ji differentiated between good and evil and impressed upon the people to discard evil and work for human welfare.
5. He was opposed to women's face covering and also condemned the barbarous custom of satti or wife's sacrifice on the death of her husband.

The new process however was not acceptable to some people, owing to personal reasons. So staunch Hindus of Goindwal complained against Guru ji to the Nawab of Lahore through the son of Gonda Marwaha, the original owner of the land. The Governor of Lahore, Khwaja Khan, personally visited Goindwal for verification. When he saw that it was all a saintly atmosphere full of mutual love and understanding and all the people were God-fearing, he dismissed the complaint. The mischief makers did not stop there. They sent Gonda's son with another person to Delhi to complain to Akbar in person. However Akbar was aware that these complaints were verified by the governor of Lahore and nothing substantial had been found. Akbar, too, rejected their claim.

They then presented a petition in writing of which the main arguments were:

1. Akbar being the protector of all religions, should protect Hinduism because this new faith was a danger to the Hindu religion as Guru Amar Dass was making unnecessary changes to Hinduism and posing a threat to its existence.
2. Hinduism has separate prayers for morning, midday and evenings, and there is no gayatry path.
3. Guru Amar Dass has abandoned Sanskrit, the language of the Vedas and Shastras.

4. Hindu traditions like Saradh, Kiria Karam and Moorty Puja are all ignored and condemned.
5. The main allegation was that “ਚਾਰ ਵਰਿ ਕੇ ਇੱਕ ਮਤ ਕਾ।”
6. Akbar sent for Guru Amar Dass to Delhi.

Due to health reasons and inability to travel, Guru Sahib sent Bhai Jetha (later Guru Ram Dass) in his stead. Bhai Jetha replied properly and convincingly to all allegations. He explained that the Sikh faith is not against any religion or person. The basic facts, Bhai Jetha said, are that:

1. We believe in One God of all people and not three gods as the Hindus do.
2. We believe in praying at all times and are not constrained to three times.
3. Sanskrit is not understood by everybody. Our Bani is in common man's language, hence easily understood.
4. We do not believe in pilgrimages because they are considered holy because someone prayed there for a long time. We inspire everyone to pray freely at any place as and when possible.
5. Lastly as per Guru Nanak, 'caste' should be determined according to the deeds of the individual and not by his birth. We firmly believe in one God, present everywhere, neither born nor ever dies, creator, maintainer of His creation and destroyer.

Akbar was pleased to hear all and desired to pay a visit to Guru Sahib. He is said to have uttered these words:

ਵਹਿ ਮੈਲਾ ਕੀ ਜਾਤ ਹੈ,  
ਭੇਧ ਭਰਮਕਛ ਨਾਂਹ ਜੇ ਕੋਈ ਰੀਸ ਤਾਂ  
ਕੀ ਕਰੇ, ਤਾਂ ਪਰ ਵਡਾ ਗੁਨਾਂਹ।

Later in 1565 Akbar visited Goindwal, saw everything for himself and had langar there as well. He was pleased and offered a jagir which was politely declined on the plea that langar should depend on honest earnings of sangat and not on one person.

In 1572 Guru Amar Dass ji asked to start planning and building the city of Amritsar. Finally on the 1st September 1574, Guru Amar Dass ji breathed his last at Goindwal Sahib. Before his demise he had passed over the guruship to his son-in-law, Bhai Jetha ji, who became Guru Ram Dass, a perfect choice out of all his clan.



**Understanding Humai through Gurbani**

We can try to understand what ego is and make a diagnosis in this way: In our mind there are millions of materialistic thoughts that are the cause of ego; these separate our mind and soul from our creator God. With our thoughts, feelings, emotions, impulses, promises, passion and enthusiasm our minds get polluted and we feel ourselves as individuals with 'I am' as a separate entity which becomes the cause of the ego disease.



To illustrate, one of the deadly diseases is tuberculosis, from it many more severe physical diseases emerge. Similarly, ego is probably the biggest cause of many incurable chronic mental conditions. However as Gurbani teaches us, the cure for ego lies within it.

In Gurbani Guruji says:

Ang 466 **ਹਉਮੈ ਦੀਰਘ ਰੋਗੁ ਹੈ ਦਾਰੂ ਭੀ ਇਸੁ ਮਾਹਿ ॥** Ego is a chronic disease, but it contains its own cure as well.

Ego makes an individual to forget 'Akaal Purakh', and he becomes a slave to the vices such as lust, anger, greed, attachment and pride. This in return leads him to forget the Lord 'Waheguru' and he lives a life of 'I am and me' and engages in negative karmas. In this egotistic life, he suffers from diseases of mental torture arising from, for example, hatred, jealousy competition, enmity, arguments and family fights. This becomes the cause of numerous mental and physical diseases and the manmukh stays in the life cycle of birth and death, due to his bad egoistic karmas.

In Siri Guru Granth Sahib Gurbani, Guru ji says ego is a chronic disease however the bani contains its cure as well, as in the following verses:

Ang 271 **ਸਾਧ ਕੈ ਸੰਗਿ ਮਿਟੈ ਅਭਿਮਾਨੁ ॥** In the Company of the Holy, egotism is eliminated.

**ਸਾਧ ਕੈ ਸੰਗਿ ਪ੍ਰਗਟੈ ਸੁਗਿਆਨੁ ॥** In the Company of the Holy, spiritual wisdom is revealed.

Ang 301 **ਮਨ ਅੰਤਰਿ ਹਉਮੈ ਰੋਗੁ ਹੈ ਭ੍ਰਮਿ ਭੂਲੇ ਮਨਮੁਖ ਦੁਰਜਨਾ ॥** Deep within the mind is the disease of ego; the self-willed manmukhs, the evil beings, are deluded by doubt.

**ਨਾਨਕ ਰੋਗੁ ਗਵਾਇ ਮਿਲਿ ਸਤਿਗੁਰ ਸਾਧੁ ਸਜਨਾ ॥** O Nanak, this disease is eradicated, only when one meets the True Guru, our Holy Friend.

- Ang 429 **ਸਬਦੇ ਹਉਮੈ ਮਾਰੀਐ ਸਚੈ ਮਹਲਿ ਸੁਖੁ ਪਾਇ ॥** Through the Shabad, conquer your ego, and in the True Mansion of the Lord's Presence, you shall find peace.
- Ang 468 **ਆਸ ਅੰਦੇਸੇ ਤੇ ਨਿਹਕੇਵਲੁ ਹਉਮੈ ਸਬਦਿ ਜਲਾਏ ॥** He becomes free of hope and fear, and burns away his ego with the Word of the Shabad.
- Ang 664 **ਨਿਰਮਲ ਨਾਮਿ ਹਉਮੈ ਮਲੁ ਧੋਇ ॥** The immaculate Naam, the Name of the Lord, washes off the filth of ego.  
**ਸਾਚੀ ਭਗਤਿ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥** True devotional worship brings lasting peace.
- Ang 653 **ਨਾਨਕ ਗੁਰਮੁਖਿ ਮਿਲਿ ਰਹੈ ਹਉਮੈ ਸਬਦਿ ਜਲਾਇ ॥** O Nanak, the Gurmukh remains merged with the Lord; he burns away his ego through the Word of the Shabad.
- Ang 289 **ਗੁਨ ਗਾਵਤ ਤੇਰੀ ਉਤਰਸਿ ਮੈਲੁ ॥** Chanting His Glories, your filth shall be washed off  
**ਬਿਨਸਿ ਜਾਇ ਹਉਮੈ ਬਿਖੁ ਫੈਲੁ ॥** The all-consuming poison of ego will be gone.
- Ang 1260 **ਗੁਰੁ ਸਬਦੁ ਮੁਖਿ ਪਾਇਆ ਹਉਮੈ ਬਿਖੁ ਹਰਿ ਮਾਰੀ ॥** The Lord has placed the magic spell of the Shabad into his mouth, and destroyed the poison of ego.
- Ang 223 **ਗੁਰ ਕੀ ਸੇਵਾ ਸਬਦੁ ਵੀਚਾਰੁ ॥** In the Guru's service is reflection upon the Shabad.  
**ਹਉਮੈ ਮਾਰੇ ਕਰਣੀ ਸਾਰੁ ॥** Subduing ego, practice pure actions.
- Ang 1044 **ਸਤਿਗੁਰੁ ਅਪਣਾ ਸਦ ਹੀ ਸੇਵਹਿ ਹਉਮੈ ਵਿਚਹੁ ਜਾਈ ਹੇ ॥** He serves his True Guru forever, and egotism is eradicated from within.

According to the above Gurbani verses sadh sangat, Naam simran, shabad vichaar, Guru grace and Seva is the medicine for not only to cure egotism but is also the cure for both mental and physical chronic diseases.

Let us try to analyse; what are the foremost causes of chronic ego?

1. Forgetting Parmeshwar Waheguru.
2. Leading Materialistic life style.
3. Keeping bad and evil company.
4. Leading a deceitful life.
5. Being 'I' oriented, selfish with 'me and mine'.

A manmukh lives according to these egoistic causes of life style so he suffers both mental and physical diseases. These egotistic causes are fully woven in his life and usually lives without this knowledge. The truth is that the majority of ego-centred people have become unchangeable, like statues, that can walk and are alive.

We cannot get rid of such egoistic life style with our wordly wisdom, methods, reasoning, skills and schemes because in these efforts there will be the essence of ego. Like darkness cannot itself change its darkness, Gurbani verses say in the same way we cannot get rid of our ego with egoistic living.

Ang 278 **ਜਬ ਲਗੁ ਜਾਨੈ ਮੁਝ ਤੇ ਕਛੁ ਹੋਇ ॥** As long as someone thinks that he is the one who acts,  
**ਤਬ ਇਸ ਕਉ ਸੁਖੁ ਨਾਹੀ ਕੋਇ ॥** he shall have no peace.  
**ਜਬ ਇਹ ਜਾਨੈ ਮੈ ਕਿਛੁ ਕਰਤਾ ॥** As long as this mortal thinks that he is the one who does things,  
**ਤਬ ਲਗੁ ਗਰਭ ਜੋਨਿ ਮਹਿ ਫਿਰਤਾ ॥** he shall wander in reincarnation through the womb.

The first and foremost cause of mental diseases is forgetting Waheguru, 'the Almighty Lord'. In Gurbani it is said in the following verses:

- Ang 135 **ਪਰਮੇਸਰ ਤੇ ਭੁਲਿਆਂ ਵਿਆਪਨਿ ਸਭੇ ਰੋਗ ॥** Forgetting the Transcendent Lord, all sorts of illnesses are contracted.  
**ਵੇਮੁਖ ਹੋਏ ਰਾਮ ਤੇ ਲਗਨਿ ਜਨਮ ਵਿਜੋਗ ॥** Those who turn their backs on the Lord shall be separated from Him and consigned to reincarnation, over and over again.
- Ang 702 **ਭੂਲਿਓ ਮਨੁ ਮਾਇਆ ਉਰਝਾਇਓ ॥** My mind is deluded, entangled in Maya.  
**ਜੇ ਜੇ ਕਰਮ ਕੀਓ ਲਾਲਚ ਲਗਿ ਤਿਹ ਤਿਹ ਆਪੁ ਬੰਧਾਇਓ ॥** Whatever I do, while engaged in greed, only serves to bind me down.
- Ang 222 **ਹਉਮੈ ਕਰਤਿਆ ਨਹ ਸੁਖੁ ਹੋਇ ॥** Acting in egotism, peace is not obtained.  
**ਮਨਮਤਿ ਝੂਠੀ ਸਚਾ ਸੋਇ ॥** The intellect of the mind is false; only the Lord is True.  
**ਸਗਲ ਬਿਗੁਤੇ ਭਾਵੈ ਦੇਇ ॥** All who love duality are ruined.  
**ਸੇ ਕਮਾਵੈ ਧੁਰਿ ਲਿਖਿਆ ਹੋਇ ॥** People act as they are pre-ordained.
- Ang 1186 **ਮਨ ਕਹਾ ਬਿਸਾਰਿਓ ਰਾਮ ਨਾਮੁ ॥** O my mind, how can you forget the Lord's Name?  
**ਤਨੁ ਬਿਨਸੈ ਜਮ ਸਿਉ ਪਰੈ ਕਾਮੁ ॥** When the body perishes, you shall have to deal with the Messenger of Death.

Chronic ego not only affects the common person but it also engulfs even the most religious leaders and the spiritually oriented people. The only difference is that while the former suffers from superficial surface ego, energised by maya, the religious persons and leaders suffer from the more subtle, abstract and imperceptible ego.

We will further develop our understanding of ego and egotism in part 2 next month.

Bebe Nanaki has a special place in Sikh history. She played a most important role in the spread of Sikhism. She was the first disciple of Guru Nanak Dev Ji and the first Gursikh to perceive the holiness in Guru Nanak Dev Ji.

**Elder Sibling** Bebe Nanki was the elder sister of Guru Nanak Dev Ji. She was born in 1464, in the village of Chahal, near Lahore in Pakistan, where her maternal grandparents were settled. She was five years older than Guru Nanak, her only other sibling.

She was brought up in a lovely atmosphere in the house of her father who was a well-to-do Revenue Official in the village. Her sharp features, cheerful face and sweet tongue made her popular with everybody she encountered. She helped her mother in her daily household responsibilities and the experience made Nanaki adept in the household.

**Bond with the Guru** Nanak was named after his sister Nanaki. Her love for her Guru Brother had sacred and spiritual overtones. Her life was imbued with this sacred love. She can be seen playing her role at every step in Guru Bother's life. As an elder sister, she protected the child Nanak from the wrath of his father who being an ordinary mortal, failed to appreciate the spark of spirituality in Guru Nanak Dev Ji, and like any worldly father, expected his son to be a householder and with his family lead a life of luxury. All through their lives, the brother and sister shared a close bond. She not only treated Guru Nanak Dev Ji as her brother but also looked upon him as her Guru.



**Nanaki's Marriage** Bebe Nanaki got married in 1475 when she was eleven years old to Jai Ram, who was the revenue official from Sultanpur Lodhi, which is in the present-day district of Kapurthala. Bhai Jai Ram from Sultanpur, was the son of a Patwari, Parmanand. He considered himself blessed for being related to Guru Nanak. Nanak was only six years old when Bebe Nanki moved away to live with her husband.

At the age of fifteen, Nanak was sent to live with his sister. Bebe Nanaki not only brought her brother over to her home in Sultanpur, but through her husband's influence got him a job as an accountant with the *Nawab* Daulat Khan Lodhi. Nanak discharged his duties diligently and won the affection of his employer.

**Arranging Nanak's Marriage** Bebe Nanaki and Bhai Jai Ram then arranged Guru Nanak Dev Ji's marriage to Sulakhni, daughter of *Baba* Mool Chand and Mata Chando Rani from Gurdaspur. It was at her place that the marriage ceremony of the Guru was performed. She had a very good and cordial relationship with her sister-in-law, Mata

Sulakhni. She helped her in bringing up her sons, Sri Chand and Lakhmi Chand. She rather adopted Sri Chand, as she herself was childless. She even looked after his necessities and did not let him feel lonely.

### **Unflinching Faith in Nanak**

A humble devotee of the Guru Brother, Bebe Nanaki saw Nanak as not only a brother, but God incarnate for her. When Guru Sahib had disappeared in the river Bein for three days, and everybody assumed that he had drowned, only sister Nanaki could say with confidence that her brother could not drown as he had come to this earth to save others from being drowned in the slush of ignorance.

### **Gift of the Rabab**

Guru Nanak Dev Ji had set his Gurbani verses, gifted by Waheguru, to musical *Ragas*. The songs of Love had to be sung to the accompaniment of an instrument that symbolized Supreme Love. Guru Sahib desired to enrich the spiritual lives of the common people with divine music by singing them in accompaniment of the *Rabab*, which Mardana was adept at playing.

Knowing the intensity of his sister's sacred love for him, the Guru Brother thought it fit that she contributed to the gigantic task of the making of the sacred scripture. He sent Mardana to Bebe Nanaki, with a request for the gift of Rabab, even though the tradition did not allow a gift from a sister, Guru Nanak Dev Ji decided to disregard the tradition. For him, apart from being a sister, Nanaki was a soul saturated with the deep love of the Almighty, and this made her the most suitable person to gift him the instrument that would be played to the accompaniment of his songs of Love, his soulful renderings of the Shabad. Nanaki thought herself to be the fortunate recipient of the divine request, which she was glad to accede to. When Guru Nanak Dev Ji sang praises to the Almighty, Mardana would accompany on the Rabab, gifted by Bebe Nanaki. She used to feel blessed to see 'Nanak Guru' and 'Nanak Brother' from the innermost recesses of her heart. To say the least, Bebe Nanaki lived her life in Nanak and for Nanak.



### **Brotherly Love**

Guru Nanak Dev Ji visited his sister many times during the years to come. On one occasion when he was going away on one of the Udasis, (missionary travels) he promised her that he would come whenever she thought of him. Thus, whenever Bebe Nanaki remembered her brother; he would come to meet her. Her loving remembrance was enough for an instant response by her brother. Once when Bebe Nanaki was making *roti's* at night, she remembered how Guru Nanak Dev Ji loved the fluffed *roti's* and wished she could share them with him. Right at that very moment Guru Nanak Dev Ji walked in! The Guru Brother kept his promise and graced her with his presence.

**Understanding Nature** Once Sulakhni's mother interfered and complained to Bebe Nanaki that her brother was absent for long periods, affecting his family life. Bebe Nanaki pacified her, gave full support to her sister-in-law and at the same time would advise her Guru Brother to spare more time for his wife and family during his intervals from the travels which he was undertaking to answer the heavenly call to save humanity. The way Bebe Nanaki counselled her brother to take care of his wife, shows that she understood female psychology very well, and knew how to handle such delicate situations. In this way, Bebe Nanaki was also a great help in the family life of Guru Nanak Dev Ji.

**Rich Married Life** She enjoyed a platonic relationship with her husband who considered himself honoured to be related to her family. His deep regard for his wife and her family has been recorded by the chroniclers like this: Beloved wife, you are the sister of Nanak. Blessed is the Almighty and you too are blessed who is his sister, and to some extent, I am also blessed to have an alliance with you.



Bebe Nanaki could not become a mother all her life, but that did not make any difference to her status in the family. Nowhere in Sikh classics, has it been referred to as something deficient in her, nor was it an issue at all. As motherhood was considered only one dimension of the personality of a woman by her Guru Brother too, her state of childlessness did not alter her status as an autonomous person. She was not debarred from participating in any auspicious activity for this reason, as was wont in those days.

Her husband, Jai Ram too held her in high esteem, notwithstanding her state of childlessness. Slowly and gradually a culture was being created, whereby, a woman was an independent personality in her own right and was not subsumed under the shadow of a husband or a son as was the case in patriarchal structures in which Guru Nanak Dev Ji found himself.

**Swarag Vaas** In 1518, Bebe Nanaki breathed her last in the lap of Guru Nanak Dev Ji who at that moment was reciting Japji to her; such was the love, the spiritual love of this worldly relationship, the ideal of sacred love that the Gurus advocated for every householder. Bhai Jai Ram himself did not live much longer. Three days later he too passed away. For Guru Nanak Dev Ji, this was his last visit to Sultanpur.

This Shabad has been composed by Guru Nanak Dev Ji in Raag Ramkali Dakhni:

**ਬੀਰ ਚਲੇ ਘਰਿ ਆਪਣੈ ਬਹਿਣ ਬਿਰਹਿ ਜਲਿ ਜਾਇ ॥**

SGGS Ang 935

*Her brother departs for his own home; his sister burns with the pain of separation.*

ਚੀਨ ਦੇ ਮਸ਼ਹੂਰ ਫਿਲਾਸਫਰ ਕਨਫਿਊਸ਼ਸ ਪਾਸ ਇਕ ਫੌਜੀ ਆਇਆ, ਉਸ ਦੇ ਹਥ ਵਿਚ ਤਲਵਾਰ ਸੀ। ਕੋਲ ਹੋ ਕੇ ਕਹਿਣ ਲਗਾ, "ਸੰਤ ਜੀ, ਮੈਂ ਤੁਹਾਡੇ ਪਾਸ ਇਸ ਕਰਕੇ ਆਇਆ ਹਾਂ ਕਿ ਤੁਸੀਂ ਮੈਨੂੰ ਨਰਕ ਤੇ ਸਵਰਗ ਦਾ ਗਿਆਨ ਦਿਉ।" ਸੰਤ ਚੁੱਪ ਰਿਹਾ। ਉਸ ਨੇ ਫਿਰ ਕਿਹਾ, "ਮੈਂ ਇਕ ਫੌਜੀ ਹਾਂ ਤੇ ਤੁਹਾਡੇ ਪਾਸੋਂ ਨਰਕ ਤੇ ਸਵਰਗ ਦਾ ਗਿਆਨ ਲੈਣ ਆਇਆ ਹਾਂ।"

ਸੰਤ ਨੇ ਮੁਸਕਰਾ ਕੇ ਜੁਆਬ ਦਿਤਾ, "ਤੁਸੀਂ ਫੌਜੀ ਨਹੀਂ ਕੋਈ ਭਿਖਾਰੀ ਲੱਗਦੇ ਹੋ।" ਇਹ ਸੁਣ ਕੇ ਫੌਜੀ ਨੂੰ ਗੁਸਾ ਆ ਗਿਆ, ਪਰ ਫਿਰ ਕਹਿਣ ਲਗਾ, "ਮੈਂ ਤੈਨੂੰ ਭਿਖਾਰੀ ਲਗਦਾ ਹਾਂ ? ਮੇਰੇ ਪਾਸ ਤਲਵਾਰ ਹੈ ਜਿਸ ਨਾਲ ਮੈਂ ਹੁਣੇ ਤੁਹਾਨੂੰ ਮਾਰ ਸਕਦਾ ਹਾਂ।"

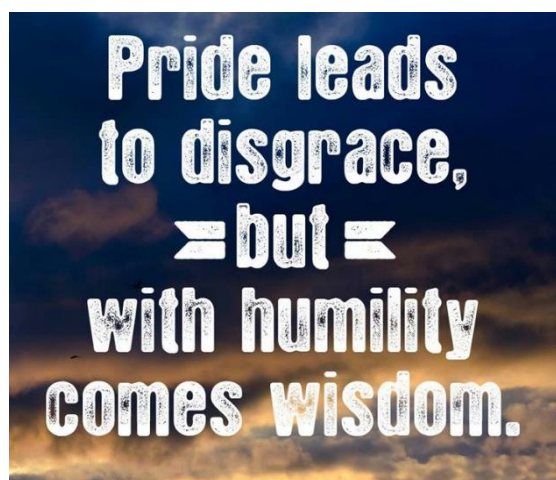


ਸੰਤ ਨੇ ਕਿਹਾ, "ਹਾਂ ਤੁਸੀਂ ਇਕ ਭਿਖਾਰੀ ਲੱਗਦੇ ਹੋ ਤੇ ਤੁਹਾਡੀ ਤਲਵਾਰ ਭੀ ਇਕ ਖਲੋਣਾ ਹੈ ਇਹ ਮੈਨੂੰ ਨਹੀਂ ਮਾਰ ਸਕਦੀ।"

ਫੌਜੀ ਦਾ ਮੂੰਹ ਗੁਸੇ ਨਾਲ ਲਾਲ ਪੀਲਾ ਹੋ ਗਿਆ। ਤਲਵਾਰ ਖਿੱਚਣ ਲਗਾ... ਫਿਰ ਅਚਾਨਕ ਰੁਕ ਗਿਆ, ਖੜਾ ਹੋ ਕੇ ਸੋਚਣ ਲਗਾ, "ਮੈਨੂੰ ਮਹਾਤਮਾ ਨਾਲ ਇਸ ਤਰ੍ਹਾਂ ਦਾ ਸਲੂਕ ਨਹੀਂ ਕਰਨਾ ਚਾਹੀਦਾ।"

ਸ਼ਾਂਤੀ ਨਾਲ ਕਹਿਣ ਲਗਾ, "ਖਿਮਾ ਕਰਨਾ, ਮੇਤੋਂ ਗ਼ਲਤੀ ਹੋ ਗਈ ਹੈ। ਮੈਨੂੰ ਗੁਸੇ ਵਿਚ ਨਹੀਂ ਸੀ ਆਉਣਾ ਚਾਹੀਦਾ। ਹੁਣ ਕਿਰਪਾ ਕਰਕੇ ਮੈਨੂੰ ਨਰਕ ਤੇ ਸਵਰਗ ਦਾ ਗਿਆਨ ਬਖਸ਼ੋ।"

ਸੰਤ ਮੁਸਕਰਾ ਕੇ ਕਹਿਣ ਲਗੇ, "ਤੁਹਾਨੂੰ ਤਾਂ ਇਹ ਗਿਆਨ ਮਿਲ ਚੁਕਾ ਹੈ। ੨ ਮਿੰਟ ਪਹਿਲਾਂ ਤੁਸੀਂ ਨਰਕ



ਵਿਚ ਸੀ, ਜਦ ਤੁਹਾਨੂੰ ਗੁਸਾ ਆ ਰਿਹਾ ਸੀ। ਪਰ ਜਦ ਤੁਸੀਂ ਰੁਕ ਕੇ ਠੰਡੇ ਦਿਲ ਨਾਲ ਵਿਚਾਰ ਸ਼ੁਰੂ ਕੀਤੀ ਤਾਂ ਤੁਸੀਂ ਸਵਰਗ ਵਿਚ ਆ ਗਏ। ਜੇ ਕੰਮ ਤੁਸੀਂ ਗੁਸੇ ਵਿਚ ਕਰਨ ਲਗੇ ਸੀ, ਤੁਸੀਂ ਸਮਝ ਗਏ ਕਿ ਉਹ ਗ਼ਲਤ ਸੀ। ਗੁਸਾ, ਤਨਾਓ, ਝਗੜਾ ਨਰਕ ਹੈ ਪਰ ਸੋਚ, ਸ਼ਾਂਤ ਵਿਚਾਰ ਸਵਰਗ ਹੈ। ਠੰਡੇ ਦਿਲ ਨਾਲ ਸੋਚ-ਵਿਚਾਰ ਕੇ ਫੈਸਲਾ ਕਰਨਾ ਸਵਰਗ ਹੈ। ਅਸੀਂ ਦਿਨ ਵਿਚ ਕਈ ਵਾਰੀ ਨਰਕ ਤੇ ਸਵਰਗ ਭੇਗਦੇ ਹਾਂ। ਸੰਤੁਲਤ ਜੀਵਣ ਲਈ ਠੰਡਾ ਸੁਭਾ

ਤੇ ਵਿਚਾਰ ਸ਼ਕਤੀ ਜ਼ਰੂਰੀ ਹਨ।"

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*Please do visit our stall downstairs outside the  
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For further information, please call DNH 020 8577 0956/ 07403134747

Or email [ashi@disabilitynetworkhounslow.org](mailto:ashi@disabilitynetworkhounslow.org)

Everyone visiting the Gurdwara is requested to show respect by covering their head with a scarf (available at entrance) and leaving shoes in the Shoe Store

Shabadh (Hym) followed Ardas (Prayers)

Welcome by DNH

Few words by Mayor

Presentations On Cancer and Global Development Delay

Your Support Will Be Appreciated



## SIKH ASSISTED MARRIAGES

Application forms for this service are available from the Gurdwara. The completed application form and a passport size photograph, with a non-refundable **registration fee of £50** (cheques payable to Sri Guru Singh Sabha) should be sent to: The Matrimonial Service, Gurdwara Sri Guru Singh Sabha, Alice Way, Hanworth Road, Hounslow, Middlesex. TW3 3UA

**Participants must be registered on our matrimonial database to benefit from this service.**

Personal and telephone enquiries are welcome as follows:

Monday – Sunday (7 Days) **10:00am – 1:00pm** Telephone Enquiries: **020 8814 6701**

All information will be strictly confidential and sincere efforts will be made in good faith to introduce interested parties. The management of the Gurdwara will not be responsible morally, legally, or otherwise, for any alleged act of negligence, omission, or commission by either of the parties concerned, nor will it be liable for any legal action.

**The current list of our matrimonial partners appears below.**

## MALES

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
2949	19-May-95	MBCbB	Junior Doctor	6' 00"
2950	28-Aug-93	MSc Quantity Surveying	Covid Trace Tracking Administrator	6' 02"
2951	08-Apr-91	BSc Economics	Risk Consultant	6' 01"
2952	20-May-87	Degree Building Surveying	Senior Risk Manager	5' 09"
2953	25-Apr-88	MENG Materials Science & Engineering and ACA	Senior Finance Business Partner	5' 09"
2954	16-Mar-86	MSc Structural Engineering	Project Designer	5' 10"
2955	07-Oct-88	B Pharm	Pharmacy Owner	6' 01"
2956	26-Apr-97	Maths Physics	Policy Adviser Civil Service	6' 02"
2958	18-Mar-90	Chartered Accountant	Accountant British Gas	5' 08"
2959	27-Oct-89	BSc Maths and Management ACCA	Accountant	5' 07"
2960	20-Sep-79	MSc Information Security	Business Owner	5' 10"
2961	11-Dec-90	B.Sc Hons Computer Science	Automation Engineer	6' 00"
2962	01-Aug-79	BSc Computer Studies	IT Engineer	5' 08"
2963	25-Sep-88	BA Sociology, GDL, LPC	Solicitor	5' 10"
2964	24-Jan-91	Degree Civil Engineering	Senior Quantity Surveyor	6' 00"
2965	19-Feb-90	BSc MSc	Senior Software Engineer	5' 07"
2966	03-Sep-87	MSc Computer Science	End Point Clinical IT Consultant	5' 10"
2967	23-Mar-88	ACCA Chartered Accountant	Finance Project Manager	5' 09"
2968	18-Sep-88	MBBS	Psychiatrist	5' 08"
2969	09-Apr-96	MSc (Honours)	Medical Lab Assistant	5' 07"
2970	15-Dec-94	BSc (Hons) Quantity Surveying	Quantity Surveyor/ Commercial Manager	6' 00"
2971	27-Jul-88	MBBS	Medical Doctor	6' 00"
2973	28-Apr-93	BSc Hons Media Studies	Programmer	5' 09"
2974	07-Dec-87	BA, ACA	Chartered Accountant	6' 02"
2975	13-Mar-87	BSc Finance & Accounting	Financial Analyst	6' 00"
2976	29-Sep-84	MBBS	GP	5' 06"

2977	26-Nov-82	LLB	Lawyer	5' 09"
2978	23-Nov-82	BENG	Technical Pre sales Consultant	5' 09"
2979	15-Mar-91	BSc Computer Science	IT Analyst	5' 03"
2980	28-Jun-86	BEng Electronic Engineering	Aerospace Design Engineer	5' 06"
2981	27-Jun-89	MA in Management	Demand Planner	5' 10"
2982	06-Jul-93	BSc Biomedical Science	Bio-Medical Scientist	5' 07"
2983	28-Oct-85	Engineer	Engineer	6' 01"
2985	14-Apr-84	BA Econ and CIMA	Senior Commercial Finance Analyst	5' 09"
2986	26-Nov-89	BSc	Associate Director, Structuring	6' 00"
2987	11-Dec-84	A Levels	Business Owner	5' 11"
2988	13-Jan-91	MEng Chemical Engineering	Software Engineering	5' 10"
2989	21-Mar-93	Master of Pharmacy	Pharmaceutical /NHS	6' 03"
2990	02-Jun-79	MBChB GP	GP	5' 10"
2991	26-Jun-81	Degree	Senior IT Consultant	5' 09"
2993	21-May-88	AS A Levels	Senior Sales Manager	6' 00"
2994	04-Feb-94	MSc Business Technology	Contracts Manager	6' 01"
2995	22-Feb-87	MBBS	Doctor	6' 00"
2996	26-Sep-96	BSc Maths	Delivery Driver	5' 07"
2997	04-Feb-88	LLB LPC	Associate Director Finance	6' 00"
2998	30-Jan-92	BDS	Dentist	6' 01"
2999	19-Mar-92	BA Economics	Management Accountant	6' 03"
3000	09-Sep-89	BSc Economics	Project Manager	5' 08"
3001	17-Sep-84	BSc Software Engineering	Network Engineer	5' 10"
3002	22-Jun-85	PhD	Associate Director at Pharmaceutical	5' 09"
3003	01-Apr-81	MBA	Company Director	6' 04"
3004	24-Oct-92	BSc Computer Science	Software Developer	6' 00"
3005	23-Mar-96	MSc Neuro Develop Sciences	NHS Assistant Psychologist	5' 10"
3006	31-Aug-89	BDS MSc Dental Implant Surgeon	Dentist	6' 04"
3007	05-Jul-89	MSc Financial Maths	IT Contractor	5' 10"
3008	22-Dec-94	BA(Hons) ACA	Financial Accountant	5' 08"
3009	23-Dec-94	GCSE	Looking for a job	6' 00"
3010	20-Feb-93	BA Hons	Real Estate Underwriter	6' 01"
3011	01-Apr-83	BTEC- Software & Programming	NHS Clinical Support	5' 07"
3012	17-Feb-86	BSc Geographical Info Systems	Fleet Service Clerk	5' 11"
3013	13-Apr-90	Degree	Engineer	5' 11"
3014	21-Dec-79	Technical IT Qualifications	IT Engineer	6' 01"
3015	04-Aug-90	Business Studies	Civil Enforcement Officer	5' 06"
3016	23-May-95	MPharma	Pharmacist	5' 11"
3017	08-Nov-88	BSC Accounting	Project Manager	5' 10"
3018	14-Jan-91	BSc Hons, MBBS,MRCGP	NHS GP	5' 08"
3019	11-Jun-86	BSc Computing & Management	Business Development Software	5' 08"
3020	17-Dec-93	A Levels	Not written	6' 01"
3021	05-May-81	MSc IT Management	Technical Support Analyst	6' 00"
3022	18-Nov-81	Higher Diploma	BUPA Healthcare Consultant	5' 08"
3023	05-Nov-83	BSc Multi Media Studies & Computing	Part Time	5' 10"
3024	09-Jan-85	BA ACCA	Chartered Accountant	5' 08"
3025	17-Sep-89	LLB Law	Lawyer	5' 10"
3026	26-Aug-90	Masters	Lawyer	5' 11"
3027	01-Jan-92	Actuarial Science with Maths	Deloitte/ Actuarial Manager	5' 08"
3028	27-Jun-84	BSC	Business Owner	5' 07"
3029	30-Sep-89	BA Business Marketing	Digital Marketing	5' 11"

3030	31-Oct-92	Economics Degree	Finance Business Partner	5' 08"
3031	02-Mar-88	BA hons	Business owner	5' 10"
3032	16-Aug-90	BSC Mathematics	Data Engineer	6' 00"
3033	31-May-81	Computer Science	Manager at Brunel University	5' 10"
3034	03-Sep-86	BA Marketing & Accounting	Bank Analyst	5' 07"
3035	19-Feb-88	MBBS MRCS	NHS Doctor	6' 04"
3036	16-Apr-95	BSC Computer Science	Test Automation Engineer	5' 08"
3037	25-Nov-85	LLBC Hons	Associate Director	5' 11"
3038	05-Sep-90	BSc Financial Economics	Contractor	5' 11"
3039	18-Dec-81	BSc Computer Science	IT Business Analyst	5' 11"
3040	21-Jun-95	BSc Engineering	Project Manager	5' 08"
3041	02-Dec-88	Photography	Ryman Stationery Store Manager	5' 09"
3042	08-Apr-94	BA Geography	Law Enforcement	5' 05"
3043	09-May-87	BA ACCA	Chartered Accountant	5' 10"
3044	16-Apr-84	BA Graphic Design	Travelex Consultant	5' 10"
3045	19-May-83	BA Property with Business	Self Employed A Care Home Director	5' 10"
3046	25-Sep-84	Sociology & Criminology	Housing Management	5' 11"
3047	05-Mar-83	BSC	Software Engineer	5' 05"
3048	22-Feb-93	BDS	Dentist	6' 00"
3049	23-Feb-93	MSc International Finance	Manager in a Bank	6' 00"
3050	15-Sep-88	BA Accounting & Finance	Manager at EE	5' 08"
3051	10-Nov-87	BSC Maths and Finance	Business Owner	6' 01"
3052	22-May-93	BSC Hons Law	Management Consultant	5' 11"
3053	08-Jan-92	BSc Economics ATT, CTA	Corporate Tax Advisor	6' 01"
3054	08-Feb-92	BA Degree	Self Employed Contractor	5' 11"
3055	16-Jan-85	BSc Business and Economics	Self Employed	6' 02"
3056	25-Apr-92	MSc Business Management	Self Employed	6' 00"
3057	10-Mar-96	BSc Maths	Auditor	6' 02"
3058	08-Jul-90	Pharmacist	Pharmaceutical Industry	5' 10"
3059	12-Sep-86	BSc Business and Management Accounting	Pensions & Investments	5' 10"
3060	10-Sep-90	Masters	Creative Director	5' 05"
3061	31-Jan-93	BSc Mathematics	Banking Analyst	5' 11"
3062	29-May-85	BSc Mathematics	Actuarial Analyst	5' 07"
3063	12-Dec-84	BSc Pharmacology	Clinical Trial Manager	5' 11"
3064	09-Nov-91	BSc Economics Chartered Accountant	Economist	6' 02"
3065	09-Sep-89	BA Hons Accounting & Finance	Chartered Accountant	5' 11"
3066	26-May-82	BA History and Politics	Self Employed	6' 01"
3067	16-Dec-83	BA Hons.	Civil Servant	5' 11"
3068	15-Apr-70	BSC Business Computing	Head Chef & Property Development	5' 08"
3069	24-Jan-90	BSc Pharmaceutical Science	Accounting	5' 11"
3070	16-Jun-86	ACCA	Chartered Accountant	5' 11"
3071	08-Aug-92	MBBS	Psychiatry	6' 01"
3072	11-Feb-94	BSc Biochemistry Dentistry	Dentist	5' 09"
3073	15-Oct-74	BTEC Business and Finance	British Airways	5' 10"
3074	19-Apr-92	BSc	Private Equity Director	5' 10"

## F E M A L E S

Ref No	Birth Date	Academic Qualification	Present Employment	Height
9334	10-Jul-86	MA	Teacher	5' 10"

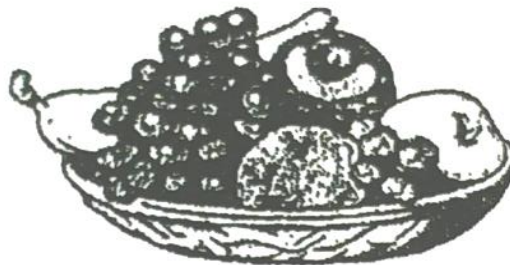
9335	20-Aug-94	MBBS BSc Hons	Doctor	5' 05"
9336	01-Mar-88	MBBS	GP	5' 04"
9337	09-Jul-93	Masters in Pharmacy	Pharmacist	5' 06"
9338	18-Feb-77	Masters	Working at HSBC	5' 06"
9339	19-May-90	MBA	Consultancy Business	5' 05"
9340	04-Apr-93	Business management	RETAIL MANAGER	5' 01"
9342	14-Feb-95	BSc Maths PGDE	Teacher	5' 06"
9343	08-Mar-80	Business & Marketing	Administrator in a Law firm	5' 02"
9344	26-Mar-91	MC Optom	Optometrist	5' 03"
9345	27-Nov-81	BSc Maths & management ACA	Director	5' 06"
9346	21-May-84	CIPD	HR Assistant	5' 06"
9347	08-Aug-90	BSc Computer Science	Snr Fixed Income Analyst	5' 08"
9348	30-Nov-88	BSc, MRES, M Pharm, Dental Implant	Pharmacist	5' 07"
9349	10-Jun-95	Pharmaceutical Quality	Manufacturing Investigator	5' 05"
9350	01-Aug-92	MSc Pharmaceutical Quality Investigator	Project Manager	5' 01"
9351	10-Feb-94	BSc Finance	Investment Banking	5' 08"
9352	25-Oct-84	LLB	Lawyer	5' 05"
9353	15-Aug-91	BSc Information Systems	Business Analyst	5' 05"
9355	02-Oct-90	BSc Business Management	Retail Manager	5' 06"
9356	06-Nov-88	MSc	Physician in NHS	5' 02"
9357	13-Mar-90	BSc Maths	Chartered Accountant	5' 05"
9358	17-Nov-83	BA Human Resources & Marketing	Human Resources Business Partner	5' 04"
9359	14-Mar-90	LLB, LPC Master	Solicitor	5' 02"
9360	24-Feb-91	BA Business and Finance	Bank Officer	5' 04"
9361	23-May-86	BSc	Investment Banking Analyst	5' 06"
9362	14-Jan-93	BSc Maths with Business Management	Tax Advisor KPMG	5' 05"
9364	01-Apr-85	MA Environmental Science	Environmental Science & PM	5' 05"
9365	10-Jul-79	BA Travel & Tourism	Recruitment Officer	5' 03"
9366	07-Aug-94	MFDS Post Grad Diploma	Dentist	5' 05"
9367	18-Feb-88	BA Politics and Int Relations	Teacher	5' 05"
9368	21-Dec-82	BA HR and Employment Law	Senior Principle International HR	5' 05"
9369	12-Nov-92	BA Literature & Creative writing	Higher Education	5' 03"
9371	04-Apr-82	Masters	Local Government Officer	5' 06"
9373	03-Jan-91	BSc Economics & Management	Senior Commercial Manager	5' 07"
9374	26-Jan-95	LLB, BA Hons	Senior Policy Advisor	5' 02"
9375	20-Feb-97	LLB	Franchisee (Business Owner) Education Sector	5' 05"
9376	01-Sep-92	BA Hons in Business Management	Senior Project Manager	5' 07"
9377	02-Feb-89	BSc MSc (Economics)	Civil Service	5' 10"
9378	12-Jan-90	BA MSc PGCE	Assistant Head of Year	5' 04"
9379	19-Jun-84	MSc MBA	Management Consultant	5' 04"
9380	13-Jan-93	LLB Law Degree	Solicitor	5' 00"
9381	27-Jul-82	MA Business and HR	Medical Sales Rep	5' 03"
9382	02-Feb-92	Optometrist	Optometrist	5' 06"
9383	26-Aug-94	BSc Economics PGCE	Data Analyst	5' 04"
9384	07-Aug-83	A Levels	Civil Servant	5' 07"
9385	07-Jan-89	MBBS MSc MRCS	NHS Hospital Doctor	5' 08"
9386	03-Aug-89	BSc Information Systems	HR Product Manager	5' 01"
9387	28-Dec-94	PhD	Post Doctoral Researcher	5' 06"
9388	27-Oct-95	M Pharm	Hospital Pharmacist	5' 02"
9389	21-Feb-86	MA MSC PHD	Government Science Lab	5' 05"

9390	31-Jul-77	LLB(Hons) Postgraduate Diploma	Legal Counsel	5' 04"
9391	28-May-93	LLM	Solicitor- Ernest & Young	5' 06"
9392	25-Jan-94	Law Degree LLB	Solicitor	5' 02"
9393	02-Jul-92	Architect	Senior Traffic Engineer -TfL	5' 05"
9394	25-Feb-91	PhD Counselling Psychology	PhD Student	5' 03"
9395	12-Oct-90	Masters in Pharmacy	Pharmacist	5' 05"
9396	27-Nov-92	A Levels	Finance Officer	5' 00"
9397	09-Jul-82	BA Business Studies	Civil Service	5' 00"
9398	19-Oct-94	MA Finance and Accounting	Finance Administration	5' 08"
9399	08-Oct-82	BA hons	Software Consultant	5' 05"
9400	24-Feb-78	Diploma Business & Psychology	Personal Assistant	5' 03"
9401	08-Nov-88	MPharm	Associate Director	5' 07"
9402	05-Jan-88	Optometry	Optometrist	5' 06"
9403	13-Mar-81	LLB LLM	Investment Banking	5' 06"
9404	04-Dec-81	MSc Physics	Research Scientist	5' 09"
9405	20-Jun-87	MBA International Management	Amazon Web Service	5' 06"
9406	28-Jun-94	Master of Pharmacy, Dip in Clinical Pharmacy	Hospital Pharmacy	5' 05"
9407	13-Mar-91	MPharm	Pharmacist	5' 08"
9408	29-Aug-87	BSc Computer Science with Management	JP Morgan Data Analytics	5' 04"
9409	21-Jul-93	BA (hons) MSC	Trainee Solicitor	5' 04"
9410	13-Jul-91	BA Accounting and Finance ACCA	Management Accountant	5' 04"
9411	25-May-89	MA Maths	Actuary	5' 07"
9412	17-Jun-90	BSC Mathematics	Product Strategist in Asset Management	5' 04"
9413	25-Dec-85	MBChB MSc MRCS	Doctor	5' 06"
9415	08-Jan-97	BSc Computer Science	Senior Software Engineer	5' 06"
9416	13-Dec-81	GNVQ Advance Business	Pre School Teacher	5' 05"
9417	16-Jun-96	MBBS	Junior Doctor	5' 07"
9418	29-Jun-88	MA History	Project Co-ordinator	5' 06"
9419	14-Jul-90	Masters in Pharmacy	Clinical Product Pharmacist	5' 00"
9420	15-Nov-82	BA Economics & Business	Project Co-ordinator	5' 03"
9421	06-May-96	MBBS BSC	Junior Doctor	5' 08"
9422	19-Jan-93	MBBS BSc	Doctor	5' 02"
9423	08-Jun-91	BA Hons Accounting and Finance	Finance Assistant	5' 00"
9424	06-Jul-96	BSC Mathematics	Civil Service	5' 06"
9425	30-Mar-98	BA (Hons) PGCE & QTS	Teacher	5' 06"
9426	26-May-81	BSc (Hons) , ACA Chartered Accountant	Deputy Director General, Director of Policy	5' 04"
9427	12-Jun-84	BSc (Hons) , ACCA Chartered Accountant	Senior Financial Analyst	5' 07"
9428	03-Aug-77	Graduate BA	Civil Servant	5' 04"
9429	01-Feb-91	MBCHB, MPharm	Junior Doctor	5' 03"
9430	05-Aug-95	BDS	Dentist	5' 03"
9431	16-Sep-96	BSc Maths and Economics	Technical Business Analyst	5' 03"
9432	04-Nov-92	BA Business Studies	Test Analyst	5' 04"
9433	18-Jun-94	Degree	Junior Consultant	5' 04"
9434	12-Feb-87	BSc CIPFA	Accountant	5' 02"
9435	18-Dec-94	NVQ childcare	Admin Assistant	5' 07"
9436	08-Feb-86	LLB LLM	Lawyer	5' 06"
9437	31-Jan-92	Undergraduate	Retail Assistant	5' 07"

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